DIABETES PREVENTION PROGRAM

Reach your goals by making **gradual, healthy, reasonable changes** in eating and activity - the kinds of changes you can stick with for a lifetime.

**Sessions Start**

Tuesday, Jan. 15 • 130 Hoagland, Davis Campus • 12 - 1 PM
Thursday, Jan. 17 • Health Sciences Library, Davis Campus • 5:30 - 6:30 PM

Meetings are weekly for the first 3 months, every other week for months 4 - 6 and monthly for the remaining 6 months. Basic qualifications are based on BMI, family history and lifestyle habits.

This group-based program includes 22 sessions during a 1-year period. Goals are to **achieve and maintain a 7% weight loss** with healthy eating and an active lifestyle. This program can reduce the chance of developing Type 2 Diabetes by 58% for those under 60 and 71% for those 60 and older.

**SIGN UP** [surveymonkey.com/r/DPP2019](surveymonkey.com/r/DPP2019)

Questions?
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